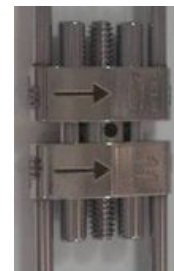




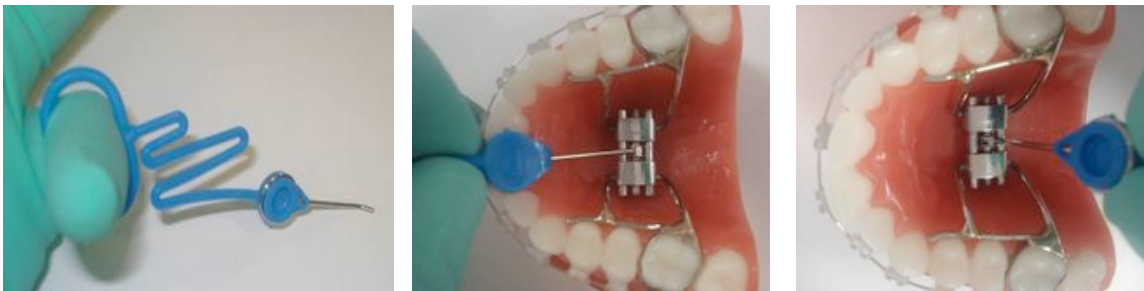
RAPID PALATAL EXPANDER (RPE) INSTRUCTIONS

A Rapid Palatal Expander (RPE) is a device that is used most commonly to expand the maxilla (upper jaw) in an effort to bring the upper teeth and lower teeth into a more proper relationship transversely (across the jaws). It is to be activated (turned) as prescribed by the doctor, and each patient will have a different schedule for doing so. The most common question regarding the appliance deals with how to activate it, so this sheet has been prepared to facilitate your training and save you from having to return to the office for a “refresher course.”

The RPE is designed with a “jack screw” which, when turned, will increase the lateral dimension of the upper jaw by 1/4mm per turn. To assist both the patient and the orthodontist in orienting it properly, the RPE comes with arrows indicating which is the proper direction to turn the appliance to achieve activation. The arrows generally point to the back of the mouth, showing that a front to back motion will be used to activate the appliance.



To activate the appliance insert the key (seen in blue) in the hole closest to the front teeth. Once inserted the key will be pushed (“turned”) in a front to back direction as seen below. It is as though you are pushing the key to the back of the throat.



The key will stop once full activation, a ¼ turn of the expander, has been achieved. A new hole will have appeared near the front teeth where the original one was earlier. The most common errors are failure to activate completely and “rewinding” the screw while removing the key, both of which will not allow you to visualize the new hole. To correct this simply reinsert the key and continue the activation as before.

Keep in mind that the appliance will limit you to one turn per key insertion. You should only activate the appliance once per day unless otherwise instructed. Should you need further assistance please feel free to call our office.